## **Abstract**

The invention pertains to a new type of fitting for lift-slide doors or windows with at least one running shoe located on a bearing element so that it can be moved in a longitudinal running shoe axis relative to the bearing element for raising and lowering the door or window sash and with a coupling element that connects the at least one running shoe for this movement with a drive element, for example with a push rod, located on one vertical section of the sash frame.